


SERVING SIZES

Grains – 2 ounces
 Vegetables – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

June 2023

Call 625-6790 to Order Lunches

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>	<p>\$3.00 Suggested Donation Please call our Dining room 24 hours in advance</p>	<p>1 Vegetable soup Honey baked chicken thigh Sweet potato Peas & carrots Snowflake roll Fruit Chef salad</p>	<p>2 Chopped salad Sausage & pepper sandwich Pasta salad Ww roll Cake Chicken sandwich</p>
<p>5 Chicken soup Baked spaghetti w/meat sauce Roasted broccoli & carrots Multi grain roll Pudding Chef salad</p>	<p>6 Roasted cauliflower soup Sweet & sour pork Greek rice pilaf Green beans Fruit Sliced multi grain bread Seafood salad on wheat bread</p>	<p>7 Greek cucumber salad Pepper steak Rice pilaf w/ mushrooms Mixed vegetables Roll Oatmeal raisin cookie Ham & cheese club</p>	<p>8 Minestrone soup Stuffed chicken breast w/gravy Au gratin potatoes Baby carrots Roll Cake Turkey on wheat</p>	<p>9 Cream of broccoli soup Meatball sandwich Green bean salad Roasted potato Ww roll Jello Egg salad sandwich</p>
<p>12 PLEASE NOTE THE CENTER WILL BE CLOSED FOR RENOVATIONS ALL THIS WEEK (12th thru 16th)</p>	<p>13 WE WILL NOT HAVE BATHROOMS AVAILABLE</p>	<p>14 PLEASE CALL THE CENTER to ORDER YOUR LUNCH MEALS for NEXT WEEK</p>	<p>15 WE WILL REOPEN ON MONAY, JUNE 19th But there will BE NO LUNCH</p>	<p>16 Feel FREE to BRING YOUR OWN LUNCH on Monday!!</p>
<p>19 NO MEALS TODAY (EBCAP CLOSED) WE ARE OPEN!!</p>	<p>20 Mushroom barley soup Roasted pork w/peppers & apples Parsley potatoes Roll Jello Egg salad on multi grain roll</p>	<p>21 Tossed salad Pub burger w/ cheese Baked beans Pasta salad Watermelon - roll Hot dog w/roll</p>	<p>22 Minestrone Soup Beef casserole over cheesy buttered noodles Roasted broccoli & cauliflower Lorna doone cookie -ww bread Chicken salad sandwich</p>	<p>23 Fresh fruit w/ cottage cheese Braised beef brisket Roasted potato salad Cole slaw Ww roll - Chicken salad plate</p>
<p>26 Vegetable soup Meatball stroganoff Mashed potatoes Peas & onions Whole Wheat roll - cookie Turkey & Swiss/whole wheat</p>	<p>27 Tossed salad Fruit cup Beef stew Ww roll Jello Italian grinder</p>	<p>28 Chicken soup Chicken Francese Spanish rice Green beans Sliced bread / fruit Turkey & Swiss on rye</p>	<p>29 Tomato soup Shephards pie Mashed potato Ww roll Pudding Seafood salad plate</p>	<p>30 Lentil & bean soup Open turkey sandwich w/ gry Stuffing Cole slaw Fruit Chef salad</p>

